



ALLERGEN GUIDE

A simpler guide to dietary choices and allergens

DIETARY KEY

The 14 major allergens

DEFINITIONS

CONTAINS: The allergen is listed as present in the dish.

MAY CONTAIN: Possible traces or shared preparation environment.

DIETARY REQUIREMENTS & ALLERGIES

We will always do our best to accommodate dietary requirements. Vegan, vegetarian and gluten-free options are available where possible. Please note that, as we operate a small kitchen where all dishes are prepared and cooked in the same environment, we cannot guarantee a completely allergen-free setting due to the risk of cross-contamination.



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WHILE YOU WAIT

Taralli

Vegetarian

Contains: Gluten, Dairy, Sesame, Soya and Sulphites

Salted Almonds

Gluten-Free | Vegan | Vegetarian

Contains: Tree Nuts

Olives

Gluten-Free | Vegan | Vegetarian

Gluten free bread

Gluten-Free

Contains: Eggs

Selection Of Breads

Vegetarian

Contains: Gluten, Dairy, Mustard and Soya

DIPS

Fig Jam

Gluten-Free | Vegan | Vegetarian

Contains: Sulphites

Olive Tapenade

Gluten-Free | Vegan | Vegetarian | Dairy

Contains: Peanuts, Tree Nuts and Mustard

Homemade Pesto

Gluten-Free | Vegetarian

Contains: Dairy, Peanuts and Tree Nuts

Vegan Pesto

Gluten-Free | Vegan | Vegetarian

Nduja Oil

Contains: Gluten and Sulphites

Truffle Honey

Gluten-Free | Vegan | Vegetarian

Contains: Sulphites

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BRUSCHETTE

Pomodoro

Vegan | Vegetarian

Contains: Gluten

Gluten-free bread is available on request.

Verde

Vegetarian

Contains: Gluten and Dairy

Gluten-free bread is available on request.

Ndjua & Stracciatella

Contains: Gluten, Dairy and Sulphites

Gluten-free bread is available on request.

Parma & Ricotta

Contains: Gluten and Dairy

Gluten-free bread is available on request.

SIGNATURE PLATTERS

Piccolino

Contains: Gluten, Dairy, Peanuts, Tree Nuts, Mustard, Sesame, Soya and Sulphites

Gluten-free bread is available on request.

Grande

Contains: Gluten, Dairy, Peanuts, Tree Nuts, Mustard, Sesame, Soya and Sulphites

Gluten-free bread is available on request.

Grandissimo

Contains: Gluten, Dairy, Peanuts, Tree Nuts, Mustard, Sesame, Soya and Sulphites

Gluten-free bread is available on request.

Vegan Board

Vegan | Vegetarian

Contains: Gluten, Mustard, Sesame and Sulphites

Gluten-free bread is available on request.

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PIATTINI (COLD)

Artichoke alla Romana

Vegan | Vegetarian

Contains: Gluten

Gluten-free bread is available on request.

Green Panzanella

Contains: Gluten and Dairy

May contain: Mustard, Sesame and Soya

Gluten-free bread is available on request.

Dipping Burrata

Vegetarian

Contains: Gluten and Dairy

Gluten-free bread is available on request.

PIATTINI (HOT)

Garlic Bread

Vegetarian

Contains: Gluten, Dairy, Mustard and Soya

Arancini

Contains: Gluten, Dairy, Eggs, Peanuts, Tree Nuts, Fish, Sesame, Soya and Sulphites

Luganega & Bomba Calbrese

Contains: Gluten

Gluten-free bread is available on request.

Garlic Prawns

Contains: Gluten, Dairy and Crustaceans

Gluten-free bread is available on request.

Porchetta

Gluten-Free

May contain: Peanuts and Tree Nuts

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PASTA & MAINS

Tagilatelle alla Arrabiata

Vegetarian

Contains: Gluten and Dairy and Sulphites

Paccheri alla Ndjua & Stracciatella

Paccheri Al Ragu

Contains: Gluten, Dairy and Sulphites

Tagiatelle Alla Crème Di Funghi

Vegetarian

Contains: Gluten, Dairy and Sulphites

Paccheri Cos La Salsiccia

Contains: Gluten and Dairy

Lasagne Alla Bolognese

Contains: Gluten, Dairy, Eggs, Celery and Sulphites

May contain: Peanuts, Tree Nuts, Crustaceans, Molluscs and Mustard

Parmigiana Di Melanzane

Gluten-Free | Vegetarian

Contains: Dairy

May contain: Eggs, Peanuts, Tree Nuts, Fish, Crustaceans, Molluscs, Mustard and Sulphites

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LE PIZZE

Margherita

Vegetarian
Contains: Gluten, Dairy, Mustard and Soya
Gluten-free pizza bases are available on request.

Diavola

Contains: Gluten, Dairy, Mustard and Soya
Gluten-free pizza bases are available on request.

Vegana

Vegan | Vegetarian
Contains: Gluten, Tree Nuts, Mustard and Soya
Gluten-free pizza bases are available on request.

Ortolana

Vegetarian
Contains: Gluten, Dairy, Mustard and Soya
Gluten-free pizza bases are available on request.

Quattro Formaggi Bianca

Vegetarian
Contains: Gluten, Dairy, Mustard and Soya
Gluten-free pizza bases are available on request.

Parma & Burrata

Contains: Gluten, Dairy, Mustard and Soya
Gluten-free pizza bases are available on request.

SALADS

Insalata Pantesca

Gluten-Free
Contains: Eggs and Sulphites

Insalata Alla Italiana

Vegetarian
Contains: Gluten and Dairy
Gluten-free bread is available on request.

Insalata Panzanella

Vegetarian
Contains: Gluten, Dairy, Mustard, Soya and Sulphites
Gluten-free bread is available on request.

DESSERTS

Tiramisu

Vegetarian
Contains: Gluten, Dairy, Eggs, Mustard, Soya and Sulphites

Cannoli Siciliani

Vegetarian
Contains: Gluten, Dairy, Eggs, Tree Nuts and Soya

Sorbetto al Limoncello

Vegetarian
May contain: Gluten, Dairy, Eggs, Peanuts, Tree Nuts, Lupin, Mustard and Sesame

Chocolate Fondant

Vegetarian
Contains: Gluten, Dairy, Eggs and Soya
May contain: Peanuts, Tree Nuts, Mustard, Sesame and Sulphites

Fig & Honey Pannacotta

Gluten-Free | Vegetarian
Contains: Dairy, Peanuts, Tree Nuts, Soya and Sulphites

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